

Volume 1.5 | May 2021

May Day SOS

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Creating a Personal  
Mantra

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Fitness DeMystified

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And so much more...

# Elite Warrior Tribe

*Monthly*



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# Letter From the "Editor"

Hey hey! Welcome to the May edition of the Elite Warrior Tribe Monthly! I'm so glad you're here, and I'm excited for you to jump into this new issue!

But first, I wanna talk about May...

We're heading into month 2 of our Summer Prep nutrition guidelines. This month is going to be so much easier than last month. More food...simple as that!

As a result of having more food, we're going to have an intense lifting workout in here, and some super crazy circuits, so make sure to check those out!

Just as in past issues, we're going to squash a fitness rumor that just won't die.

Hopefully this will be the real, honest-to-goodness end of the one in here, though! It's a myth that has, for a long time, kept a lot of people from reaching their goals.

We'll continue with this year's theme of Creating Meaning, this time looking at personal mantras. If you remember the show Ally McBeal, she always had a song that played in her head when she walked, like her hype music. Personal mantras are similar!

Right out of the gate I'm going to speak about that cover picture since there's no way I can post that as our cover and not talk about it, right?

There's quite a bit of new stuff in here that's not been in past issues, so let's me know your thoughts!

As always, I appreciate you. I'm excited to have you as part of the Tribe, and I've got your back! Please reach out if you need anything! I'm always here for you!

Let's Goal Get 'Em,  
Julie



# Let's Talk About That Cover

Let me start by saying that those 2 photos were taken within seconds of each other! In the photo on the left, I'm slouching, my shoulders are slumped, but I am not pushing my stomach out. It's all about my posture there. I took the picture because I was stunned by the incredible difference standing up straight can make. Candidly, I look at my stomach in the mirror a lot. Not overly so, but it's definitely a part of my body of which I have been more conscious than others. So on this day, when I stood before the mirror, I was flabbergasted at how different my body could look with just a few small changes in stance. In the picture on the right, my shoulders are pulled back, my chest is lifted, and just those tiny adjustments make me appear not just thinner, but more confident and self-assured. Our posture tells a lot about how we present ourselves to the world, and how people respond to us. Poor posture also leads to a host of health issues, not least of which is back pain - already one of the leading reasons people do not exercise regularly. Do yourself a favor and pay attention to your posture. It just might change the way you see yourself!

# 6 WAYS TO SLAY YOUR DAY



- ✦ Wake up **early** and make your **bed**
- ✦ Eat in your **calorie range**
- ✦ Lift **weights**, get **strong**
- ✦ Strive to be **better than** you were **yesterday**
- ✦ Tell someone you **appreciate** them
- ✦ Count your **blessings**

# ***Fitness: DeMystified***

Girl, cardio only for me!  
I don't want to get all  
jacked & look like a  
man!

Oh friend! Lifting  
won't make you  
big...it will make  
you lean!



## ***Myth* of the Month:**

**Lifting Makes Women Bulky**

# 3 TYPES OF WOMEN WHO

@GOALGETEMFITNESS

# LIFT WEIGHTS



**LOW  
WEIGHT  
HIGH REPS**



**HEAVY LIFTING  
SOME CARDIO**



**HEAVY LIFTING  
SOME HELP**

**NO LIFTS  
NO LIFTS**



Finding women in the weight room of a gym used to be a nearly impossible feat. We were always told that we needed to do a ton of cardio to lose weight. We needed to burn all those calories. We needed to "earn" the food we were eating, so the best way to do that was to torture ourselves with hours on a treadmill, elliptical, or stairclimber.

Now, it's true that cardio is good for you. I'm not, nor would I ever, say that it's not. Heart health is so important and your daily walks or even a jog on the treadmill will do you some good. (Watch [this](#) video to see the history of treadmills...they really were torture!)

But, that's not what we are talking about here, is it? We're dispelling the myth that lifting weights will get you bulky. I knew a girl who would always tell me that she lifted light weights because once she started lifting frequently, she would "bulk up" - and I would constantly reassure her that there was no way that she would get really big without some, ahem, assistance. Now, it might be that she was eating in a calorie surplus, gaining muscle, and was adding to her frame. That is entirely possible, and even likely. But the idea that if she lifted heavy weights she would end up "looking like a man" is a fallacy that we have perpetuated for years, and now is the time to change that thinking!

This is an issue of basic body composition and hormones. Although all of us have SOME testosterone coursing through our bodies, women simply don't have enough to make them



get super bulky. If, while lifting heavy, you are eating excess calories, you will add muscle, but you will also add some fat - that's a basic law of thermodynamics. The muscle you build will not lead to a bulkier appearance, the fat you gain will.

If you're fairly new to lifting heavy weights, you can actually still put on muscle while you're in a calorie deficit. For more seasoned lifters, losing fat and gaining muscle simultaneously is a bit harder (there will be more info on this in a later issue).

One of the most overlooked benefits of lifting heavy weights, in my opinion, is what it does for bone density. As we age, our bones begin to decay, they become more fragile and prone to injury as we get older which in turn leads to easily broken bones - most of us know SOMEONE who has broken a hip in old age from a simple fall, right? That's brittle bones. Weightlifting improves bone density, making them stronger and more able to withstand and recover from those seemingly simple falls.

Trust the science. If you're a woman, you just don't have enough testosterone to get bulky without some assistance. Lifting will help you carry heavier loads, push things above your head, hold your baby for longer periods of time, and improve your overall health and fitness.

Guys have monopolized the weight room for long enough. Get in there, lift the iron, and don't forget to take your mirror selfie! ;)

# An Update on My Progress

## Week 1 - April 5-11, 2021

My first week back from being away was planned to a tee. If you've ever made any plans that you were hell-bent on keeping, you know the saying is true that "We make plans and Gd laughs!" That could not have been more true for me during my first week home from vacation. The entire week, food-wise, was planned. I had my calendar set for my new workout program. I knew when I was going to get my workouts in, and how I was going to get in my 10-12,000 steps daily. What could go wrong, right?

Miraculously, through a crazy week, I was able to keep my calories in check and complete all my workouts (although I did have to double up some days and did not get all my steps in). The problem came in the form of stress that my body is just not accustomed to. We don't think of stress playing that big a role in fat loss, but it does because it promotes water retention and the release of added cortisol. Stress and lack of sleep were my

# An Update on My Progress

biggest obstacles this week.

In addition to settling back into my routine, I got my period this week, which doesn't happen regularly, so it's always a surprise (an unwelcome one, to say the least). The worst of it came late in the week when I saw that my baby girl, my chihuahua, Sadie, was unwell. As of this writing, she's making some progress, but it's been touch and go, and we still don't know if she's going to recover. As you can imagine, that's been unbelievably stressful and has caused a few sleepless nights. Finally, on Sunday, we donated blood, which is something very important to me (see this month's challenge), and that puts a lot of stress on the body also.

So, while I managed to not emotionally overeat this week, despite my desire to, and I got my workouts, but not my steps in, it was a tough week, and the scale fluctuated quite a bit. I'm prepared again for the coming week, and will take it day-by-day, knowing that the key to all this will be exercising my ***patience*** muscle more than anything.

# An Update on My Progress

## Week 2 - April 12-18, 2021

This was such an interesting week for me in that it is the most inactive I've been in a really long time. Since Sadie spent most of the week unable to walk, during the week, we set her bed up in the living room and I moved all my work out there. Normally, I sit in my office/gym, but I wanted to sit by her side while she rested/attempted to walk/recovered. She's doing so much better as of today (April 18), and is up walking on her own, but she is still a bit wobbly. It's been a pretty remarkable recovery for her. For me, it's been a week of sitting on my butt. I managed to workout every morning still, and kept my calories in check (a little lower than normal since I was so sedentary). Last night, we went for dinner with friends and I ate and drank to my heart's content. Aside from that (which I mentally planned for), everything was meticulous this week. Ultimately, my average weight was down 0.7 lbs. As I said last month, I'll be taking it really slowly, so this loss feels like a win!



# An Update on My Progress

## Week 3 - April 19-25, 2021

My average weight was up 3/10 of a pound this week, which I totally expected. Monday's weight was high because I ate more than normal over the weekend. A bit more than planned, and definitely over my calories - especially on Saturday at dinner with friends.

My workouts were absolutely insane! I lifted heavier and went longer than I thought I could, in addition to being in the middle of a personal fitness challenge with my boyfriend (it's the 10x version of next month's magazine's challenge).

I was feeling really good this week. There's not much of an update, other than that I am starting a new workout program next week. I'm looking forward to the new challenge, to mixing things up, and to being on point with my nutrition.

I do foresee a bit of a struggle coming up next weekend, as I'll be out of my controlled environment, but I know that success comes when I plan, so that's what I'm doing!

# An Update on My Progress

## Week 4 - April 26-30, 2021

This will be a short update since the month ends on a Friday and I've got to get this magazine out to you!

My weight started this week down significantly from last week. Assuming I stay on track, my overall weight for the week will be down more than expected. This is why we look at average weight over a week rather than day to day. There are just too many variables to factor in from one day to the next, and if you've been working at losing weight for long enough, you know that the scale doesn't go down everyday, no matter how well you adhere to a plan!

This weekend, I'll be house/dog/babysitting, and will be out of my house for 5 days. I'll bring my weights with me so that I stay on track with my workouts, and I'll plan my food as well, as I can, hoping to continue this downward trend!

Onward to May! More updates to come!

# WOULD YOU RATHER



OR



EAT CEREAL

EAT OATMEAL

*Discuss on our Facebook Page*



# Nutrition Guidelines

## May 2021



If you attempted last month's nutrition program to prep for summer, you're in for a treat this month. Lots more calories, for starters. I know April was tough, and I know it took real grit to make it through, but hopefully you were able to tough it out and are ready to really get into the art of making muscle.

Our focus for May will be on Building Strength and Improving your Performance in the gym. For most of you, that will mean increasing your muscle mass (without getting bulky, ladies!) and getting stronger. We've been fed a lie by marketers and magazines for years that we can "tone up" and that is now what most people list as their top fitness goal, along with losing weight. Sadly, this is a myth. There is no such thing as "toning" a muscle, despite what the latest edition of Cosmo tells you.



There are three ways to approach fitness and training - you're either losing fat, maintaining, or gaining muscle. That's it. Those are your three options, and there is no right or wrong or universal option that fits everyone. Your goals will change over time, and they will be different than others around you. The one exception to this has to do with people who are brand new to strength training. For those people, it's actually possible to lose fat and gain muscle at the same time - a total win! (I'll discuss this more in a future Fitness:DeMystified article).

OK, let's get into this now...a little science to start - the rapid fat loss phase from last month came before this month because at higher body fat percentages, your body is less efficient at getting nutrients from your food and directing them towards muscle growth. So, we put the fat loss phase before the muscle growth phase to prime your body for using your food for strength and hypertrophy (muscle growth).

What does this mean for you? It means that this month, you get to eat considerably more food than last month! Yay!!!

**THE MOST IMPORTANT THING TO REMEMBER ABOUT THIS MONTH IS THIS:** The scale will go up. You're eating more food. You're retaining more water. You have more food in your stomach (literally), so the scale will go up...BUT...it's not fat gain! I promise. If you're adhering to the guidelines that follow, the upward movement on the scale will taper off, and you'll see improvements in your performance in the gym (you can use this month's workout) and you'll feel better overall.

Unlike last month, the calorie and protein guidelines are a bit more individual. There is no magic number that I want you to eat. It's variable based on your own current bodyweight. Remember, this is still a calorie deficit, just not as steep as last month's. Here's how it works for all 4 weeks:

## 3 Days/Week (High Days)

\*Usually days you strength train, but doesn't have to be\*

**Calories:** Multiply your current body weight by **13**

**Protein:** Multiply your current body weight by **1**

For example, if you weigh 150 lbs, your breakdown would look like this:

**Calories:**  $150 \times 13 = 1950$  kcal

**Protein:**  $150 \times 1 = 150$ g

# 4 Days/Week (Low Days)

\*Usually rest days or light cardio days, but again, doesn't have to be\*

**Calories:** Multiply your current body weight by **11**

**Protein:** Multiply your current body weight by **1**

For example, if you weigh 150 lbs, your breakdown would look like this:

**Calories:**  $150 \times 11 = 1650$  kcal

**Protein:**  $150 \times 1 = 150$  g

I want to be really clear that there is no right or wrong way to split these days up. Most people are hungrier on days they strength train which is why they have their high days on lifting days. However, some people want to do their higher calories on rest days to fuel themselves for their upcoming lifting day. It's all a matter of personal preference.

Next month is the final month of our summer shred! You'll be going back to a slightly steeper calorie deficit to shed a bit more of the fat and let your newly gained muscle peek out! Get excited!!!



WHERE THERE IS GOOD FOOD,  
THERE IS HAPPINESS.



# May 2021

## Elite Warrior Tribe

### Challenge

Everyone who participates In this challenge will receive a \$50 gift card!

This month's challenge is a bit different than previous ones, and if you're not comfortable completing it, I totally understand. However, this is a cause that is very dear to me, and I would love to be able to drum up participation. There is critical need for blood nationwide, especially in light of the pandemic. I try to donate every 10 weeks, as allowed, and it's one of the best things that I do to make a difference in the world (IMO).



Your challenge this month is to give blood. So, anyone who sends me proof that they donated blood **through the Red Cross** during the month of May will earn a \$50 gift card of your choice! That's it. You can email confirmation to me ([coachjulievip@gmail.com](mailto:coachjulievip@gmail.com)) once you've donated. If you aren't sure how to go about donating, be in touch and I'll help get you going! You must complete this challenge by May 31!

# ***Make the Right Changes***

**When cutting back on less nutritious foods in your diet, it's important to replace them with nutrient-dense alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled salmon) will make a positive difference to your health.**

**Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.**

# ***MAY DAY SOS***

This month's workout is called "May Day SOS" because you will be screaming for someone to save you! There is only 1 option - 3 days/week, and you can do it weighted or with bodyweight only. This is a great workout to do in conjunction with this month's nutrition guidelines as well.

My recommendation: if you're new to lifting, start week 1 with bodyweight only or very light weights and see how you feel. You can progress based on that. If, however, you have experience lifting and have access to equipment, use it to get the most out of this workout!

Since it's only 3x/week, you can add one of the circuits included in this edition if you find yourself wanting more. Do not do the circuits on days you lift.



# DAY 1: LOWER BODY

## 1) Deadlift or Hip Hinge

Week 1: 3 x 10

Week 2-4: 3 x 6

**\*Go heavier than you think you can!**

**\*\*Beginners - practice hip hinge with light weights or deadlift with resistance loops**

## 2) Superset:

2a) Pulsing Sumo Squat: 3 x 15

2b) 1.5 Glute Bridge: 3 x 10

2c) Mountain Climbers: 3 x 10/leg

**\*\*Keep rest short. No more than 2 minutes between sets**

## 3) Superset:

3a) Catchers: 3 x 10 (stay low)

3b) 3-Way Lunge: 3 x 15/leg (each direction is 1 rep)

3c) Knee-Banded Clamshells: 3 x 12/side

**Rest 90 seconds**

## 4) Wall Sits

Week 1-2: 3 x 30 seconds

Week 3-4: 3 x 45 seconds

## 5) Finisher\*\*:

5a) Lateral Jumps x 10/side

5b) Tuck Jumps x 4

5c) Squat Jacks x 6

**\*\*Complete 4 rounds as quickly as possible with excellent form. Keep rest to a minimum**



# DAY 2: UPPER BODY

## 1) Overhead Shoulder Press

Week 1: 3 x 8

Week 2-4: 3 x 6

## 2) Superset:

2a) DB Bench Press:

Week 1-2: 3 x 8

Week 3-4: 3 x 6

2b) DB Row: 3 x 8/arm

## 3) Superset:

3a) Incline DB Bench Press: 3 x 10

3b) Triceps Overhead Press: 3 x 8

## 4) Superset:

4a) Bicep Curl: 3 x 8

4b) Bent Over Rear Delt Raise: 3 x 8

## 5) Finisher\*\*:

5a) Push Ups x 5

5b) Hammer Curls x 5

5c) Triceps Kickbacks x 5

**\*\*Complete as many rounds as possible in 5 minutes with excellent form. Keep rest to a minimum**

# DAY 3: FULL BODY

## 1) Superset:

1a) Sumo Squat:

Week 1-2: 3 x 10

Week 3-4: 3 x 8

1b) Push Up w/3 second eccentric (lowering):

Week 1-2: 3 x 8

Week 3-4: 3 x 6

**\*\*Keep rest short. No more than 2 minutes between sets**

## 2) Superset:

2a) Pulsing Goblet Squat: 3 x 10

2b) Seated Arnold Press: 3 x 8

**Rest 90 seconds.**

## 3) Superset:

3a) Deadlift (Single Leg if you can): 3 x 10 or  
3 x 6/leg

3b) Alternating Overhead Shoulder Press: 3 x  
8/arm

## 4) Finisher\*\*:

4a) Mountain Climbers x 20/leg

4b) Tricep Push Ups x 5

4c) Plank Jacks x 8

**\*\*Complete 5 rounds as quickly as possible with excellent form. Keep rest to a minimum**



# 2 Super Fun Circuits

For When You Just Want More

## On the 6

### *The Circuit:*

**Reverse Lunge x 6/leg**

**Glute Bridge x 6**

**Reverse Crunches x 6**

**Down Dog Toe Touches x 6/side**

### **Instructions:**

Do this circuit as quickly as possible 6 total times. Rest 2 min. Repeat, aiming to beat your time from the previous round.

## The Brutalizer

### *The Circuit:*

**Side Lunge x 8/side**

**Thrusters x 20**

**1.5 Push Ups x 6**

**Lateral Skaters x 10/side**

### **Instructions:**

Set a timer for 20 minutes. Every Minute on the Minute, start an exercise. Complete all reps. Whatever remaining time you have in the minute is used for recovery. Cycle through until 20 minutes are up (5 times).

# HOW TO STAY **FULL** FOR **WEIGHT LOSS**

## **MORE OF THESE**



0 CALORIES



30 CALORIES



90 CALORIES



200 CALORIES



5 CALORIES



100 CALORIES

## **FEWER OF THESE**



425 CALORIES



350  
CALORIES



130 CALORIES



300  
CALORIES



375 CALORIES



250  
CALORIES



# CREATING MEANING

**Mantras** have historically been thought of as the chanting that goes along with meditation. In the past several years, however, mantras have taken on a new shape as people seek deeper connections both with others and with themselves. Mantras assist us in focusing, allow us to be our own agents of change, and can give us the ability to manifest our personal happiness. A simple mantra has the power to assist us in becoming our highest selves.

When coming up with a personal mantra, it should be as specific to your desires as possible. No matter what the mantra is, the one requirement is that it should be authentic to you and a reflection of what you most desire.



## Examples of Personal Mantras

- I create positive change
- I HAVE enough. I DO enough. I AM enough.
- I release what doesn't serve me.
- My presence is my power.
- I choose to be happy.

## Try This:

1. **Spend 30 minutes with a journal, free of distractions** - do this in the morning when your mind is fresh. Don't judge, just write about what you desire most.

**2. Read back what you wrote and decide what resonates most with you.** - circle or highlight words or phrases that stand out to you.

**3. Decide which idea, goal, or concept you want to focus on** - turn it into a declaration. For instance - "I have everything I need to live the life of my dreams."

**4. Find times throughout your day to repeat your mantra to yourself** - any time you're walking, sitting idly, first thing in the morning while looking in the mirror. These are all good times to focus on your mantra.

Adapted From:

<https://www.oprah.com/inspiration/how-to-create-your-own-personal-mantra>

# Low Carb Banana Bread Muffins



## INGREDIENTS

(Makes 12 muffins)

- 3 ripe bananas, mashed
- 2 c almond flour
- 2 large eggs
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 c honey
- 1/4 c coconut oil, melted
- 2-4 oz nuts of choice (optional)

# DIRECTIONS

1. Preheat oven to 350F
2. Put all ingredients in a bowl (except nuts, if using)
3. Using a hand mixer, combine all ingredients (add nuts, if using)
4. Line a muffin tin with cups and split the batter evenly between the 12 cups
5. Bake muffins for 22-25 minutes, or until a toothpick comes out clean.

## Nutrition Facts

12 servings per container

**Serving size** 1 Muffin

**Amount Per Serving**

**Calories** 100

% Daily Value\*

<b>Total Fat</b> 5g	6%
Saturated Fat 4.2g	21%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber < 1g	3%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> < 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**\*\*NUTRITION  
LABEL  
DOES  
NOT  
INCLUDE  
NUTS\*\***



# Quinoa Lentil Burger

Naturally vegetarian, can be made vegan



## INGREDIENTS

Makes 4 Burgers

- 1 c cooked quinoa
- 1 c cooked brown lentils
- 1 tbsp extra virgin olive oil
- 1/3 c rolled oats
- 1/2 tsp cumin
- 1/4 c wheat flour
- 1/4 c bread crumbs
- 1 tsp paprika
- 1/4 tsp garlic powder
- 2 tsp cornstarch
- salt & pepper
- 3 tsp honey (omit for vegan)
- 2 tbsp. dijon mustard

# DIRECTIONS

1. Prepare honey dijon (if using) and store in fridge until ready to use
2. Mix all ingredients in a bowl & once combined, form into 4 patties
3. Cook patties on medium heat for 10-12 minutes, until browned
4. Assemble your masterpiece

## Nutrition Facts

4 servings per container

**Serving size** 1 Burger

**Amount Per Serving**

**Calories** 230

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>

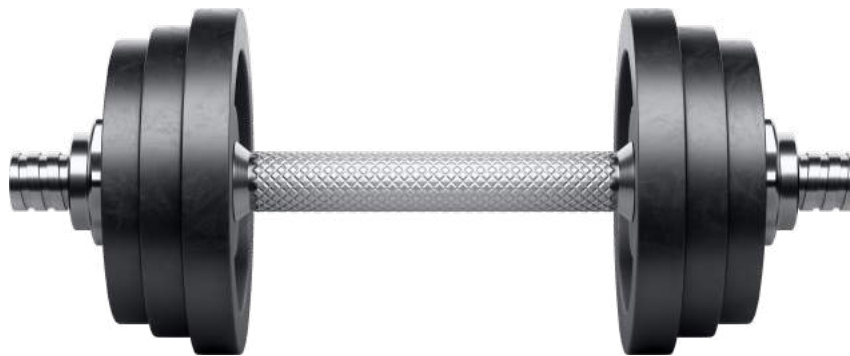
Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**\*\*NUTRITION  
LABEL  
DOES  
NOT  
INCLUDE  
BUN\*\***

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## *A Sneak Peek at Your June Issue...*

Summer Lovin' Workout  
A Note on Patience  
An Update on My Progress  
My New Favorite Thing



@GoalGetEmFitness

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